

A woman with long dark hair, wearing a striped shirt and dark pants, is sitting cross-legged on a grey couch, meditating with her eyes closed and hands resting on her knees. The background features a large abstract painting and a potted plant.

The Omada Diabetes Prevention Program can help you overcome stress one breath at a time.

Check if you are eligible:
omadahealth.com/wapebb

The PEBB Diabetes Prevention Program is powered by Omada. Learn more at hca.wa.gov/prevent-diabetes.